

SYSTEMS AND METHODS FOR BRAIN JOGGING

ABSTRACT

A computer system provides a series of visual flash stimuli to a user and then requires
5 that the user process the visual stimuli to produce a verbalization that corresponds to the
visual stimuli and/or a fine motor activity that corresponds to the visual stimuli. The visual
flash stimuli are presented to a user via a display device and include letters, words and
phrases. The fine motor activity includes inputting letters or words via an input device, such
as typing on a keyboard. The system includes eye movement activities, letter flash activities
10 and word flash activities. The content or visual stimuli provided during these activities, as
well as the progression through these activities can be determined in part by the diagnosis of
the individual user. The system can be used to treat a variety of mental disabilities.